

Statistics Report 01022, Cheese, gouda

Report Date: September 16, 2015 02:07 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 41.46 | -- | 0.374 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Energy | kcal | 356 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Energy | kJ | 1491 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Protein | g | 24.94 | -- | 0.193 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Total lipid (fat) | g | 27.44 | -- | 0.564 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Ash | g | 3.94 | -- | 0.124 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Carbohydrate, by difference | g | 2.22 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Fiber, total dietary | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Sugars, total | g | 2.22 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2003 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 700 | -- | 29.984 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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|--------------------------------|------|-----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Iron, Fe | mg | 0.24 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Magnesium, Mg | mg | 29 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Phosphorus, P | mg | 546 | -- | 21.530 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Potassium, K | mg | 121 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Sodium, Na | mg | 819 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Zinc, Zn | mg | 3.90 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Copper, Cu | mg | 0.036 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Manganese, Mn | mg | 0.011 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Selenium, Se | µg | 14.5 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/1997 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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|---------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Thiamin | mg | 0.030 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Riboflavin | mg | 0.334 | -- | 0.014 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Niacin | mg | 0.063 | -- | 0.015 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Pantothenic acid | mg | 0.340 | -- | 0.052 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Vitamin B-6 | mg | 0.080 | -- | 0.005 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Folate, total | µg | 21 | -- | 2.594 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 21 | -- | 2.594 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2009 |
| Folate, DFE | µg | 21 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Choline, total | mg | 15.4 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Vitamin B-12 | µg | 1.54 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE | µg | 165 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |

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|------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Retinol | µg | 164 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Carotene, beta | µg | 10 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2003 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Vitamin A, IU | IU | 563 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Vitamin E (alpha-tocopherol) | mg | 0.24 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01009 | 01/2003 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin D (D2 + D3) | µg | 0.5 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2009 |
| Vitamin D3 (cholecalciferol) | µg | 0.5 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01211 | 02/2009 |
| Vitamin D | IU | 20 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01211 | 02/2009 |
| Vitamin K (phylloquinone) | µg | 2.3 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01009 | 01/2003 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 17.614 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 4:0 | g | 0.999 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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| 6:0 | g | 0.640 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 8:0 | g | 0.427 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 10:0 | g | 0.918 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 12:0 | g | 1.211 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 14:0 | g | 3.040 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 16:0 | g | 6.851 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:0 | g | 2.918 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Fatty acids, total monounsaturated | g | 7.747 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 16:1 undifferentiated | g | 0.889 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:1 undifferentiated | g | 6.388 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Fatty acids, total polyunsaturated | g | 0.657 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:2 undifferentiated | g | 0.263 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:3 undifferentiated | g | 0.394 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |

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| Cholesterol | mg | 114 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan | g | 0.352 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Threonine | g | 0.930 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Isoleucine | g | 1.306 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Leucine | g | 2.564 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Lysine | g | 2.654 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Methionine | g | 0.719 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Cystine | g | 0.254 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Phenylalanine | g | 1.431 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Tyrosine | g | 1.454 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Valine | g | 1.806 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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| Arginine | g | 0.962 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Histidine | g | 1.032 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Alanine | g | 0.762 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Aspartic acid | g | 1.743 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Glutamic acid | g | 6.137 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Glycine | g | 0.485 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Proline | g | 3.245 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Serine | g | 1.544 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/1985 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |